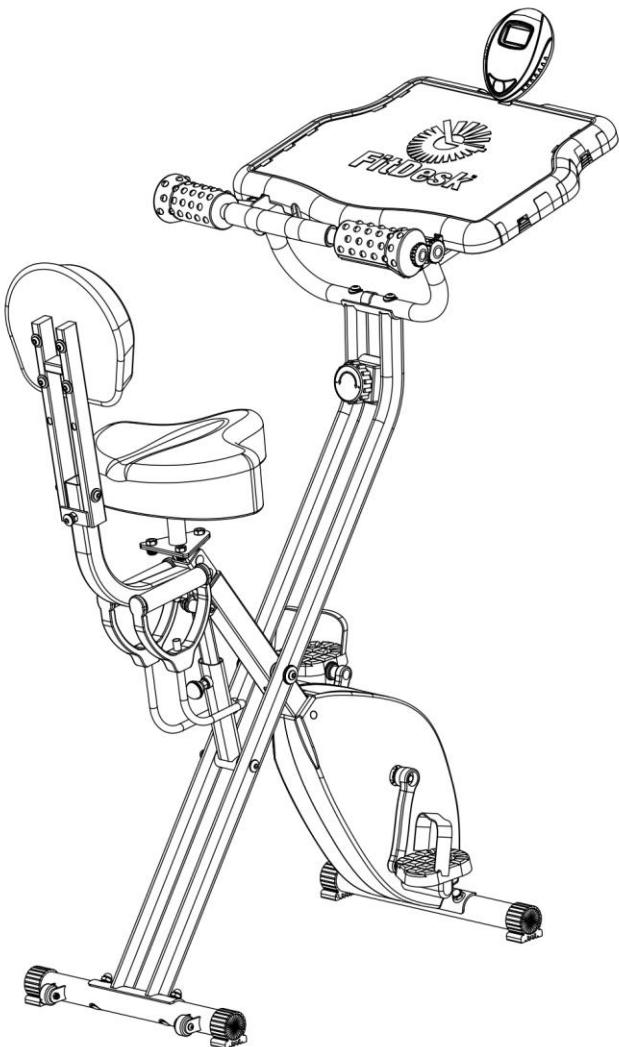




Owner's Manual:
FDX 2.0 - 002

Assembly Instructions Operations Manual



CAUTION!

READ ALL INSTRUCTIONS.

TAKE THE TIME TO READ THE SAFETY TIPS AND MAINTENANCE SECTIONS. NO EXERCISE EQUIPMENT IS SAFE UNLESS YOU LEARN HOW TO SAFELY OPERATE THE EQUIPMENT. REGULAR MAINTENANCE IS VERY IMPORTANT!

THIS PRODUCT HAS MOVING PARTS. TAKE ALL PRECAUTIONS WHEN CHILDREN, PETS AND OTHER OBJECTS NEEDING CARE ARE IN THE AREA OF THIS PRODUCT. USE RESPONSIBLY. MACHINE CAN TIP, ITEMS CAN GET CAUGHT IN THE PEDALS. TAKE EXTRA CARE WHEN FOLDING, TRANSPORTING, UNFOLDING AND MAKING ANY ADJUSTMENTS TO PRODUCT. WHEN USING DESK AREA TO PLACE ITEMS ON – ALWAYS USE SAFETY STRAP TO HOLD ITEM DOWN. IF YOU DO NOT HAVE A STRAP, CONTACT US. WE CAN HELP.

WE WANT YOU TO SAFELY USE THIS PRODUCT. PLEASE DO NOT HESITATE TO EMAIL, CALL OR TEXT IF YOU HAVE ANY QUESTIONS.

EMAIL: CUSTOMERSERVICE@FITDESK.NET

PHONE: 615-669-9004



Where Productivity and Health Converge

BEFORE RETURNING

**PLEASE CONTACT US FOR REPACKAGING
INSTRUCTIONS**

OR

**FOR ASSEMBLY INSTRUCTIONS,
MISSING PARTS, OR FOR HELP WITH A
QUESTION at :**

CustomerService@fitdesk.net

Also we have a detailed FAQ section at our website
www.FitDesk.net

Or call Monday to Friday 9am to 5pm CST
615-669-9004

For fastest possible service please have:

- Model # (refer to this manual)
- Serial # (located on stabilizer bar sticker)



Technical Specs
Table of Contents

Technical Specifications

Recommended User Height Range = 4'10" to 6'5" (147cm to 199cm)

Recommended Max User Weight = 250lbs (113kgs)

Weight of Bike: 47lbs

Foot Print in OPEN position = 16" wide X 26" long X 45" high

Table of Contents

[] Precautions

[] Parts and Maintenance

[] Get to know your FitDesk 2.0

[] Assembly Instructions

[] Meter Instructions

[] Contact Information



Precautions

Please read this section

Precautions... Please read before assembly or operations

1. Read the entire manual before assembling and using the equipment. Safe use can only be achieved if the equipment is assembled, maintained and used properly. All users of the equipment must be informed of all warnings and precautions.
2. Before starting or using this equipment including massage roller you should consult your doctor to determine if you have any health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Before using massage roller it is your responsibility to learn if use of this can cause or aggravate conditions regarding your health. Your doctor's advice is essential if you are taking any medication.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Fingers can get pinched when picking up the bike. Lift by seat and handlebar only.
5. The frame must be in the closed and locked position prior to transport. Frame locks in closed position.
6. Read and heed the warning stickers on the FitDesk.
7. Warm-up stretching is recommended before exercise. **ALWAYS USE GOOD POSTURE**
8. Make sure your laptop, kindle or other devices are tightly secured to the desk top by the strap provided. Keep wires from getting tangled while pedaling.
9. Mount and dismount carefully.
 - Extreme movements CAN TIP MACHINE
 - INJURY AND EQUIPMENT DAMAGE CAN OCCUR
 - Do not use while standing on pedals
10. Keep pets and young children away from the equipment.
11. Use the equipment on a solid, level surface with a protective cover for your floor or carpet. The equipment should have at least one yard of free space all around it.



Safety Precautions Continued

Precautions...Please read before assembly or operations

- 12.** Inspect and tighten all parts often. Replace any worn parts immediately. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
- 13.** Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.
- 14.** Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or clothing that may restrict or prevent movement.
- 15.** Do not exceed maximum recommended user weight of : 250 lbs, 113 kg
- 16.** The equipment is suitable for home and office use only. Do not use in commercial or rental settings. This item was not intended or designed for use in commercial or public places.
- 17.** Keep wires from getting tangled in pedals. Suggestion is to wrap computer charging wires over meter holder to keep away from pedals and in center of desk, NOT on side.
- 18.** Do not stand while pedaling.
For light use only
- 19. SADDLE COMFORT** We here at Revo Innovations LLC love cycling and try to ride everyday. But we do remember how painful it was to "adjust" to cycling saddles. There is no "magic" way to ease the discomfort caused when spending time on a saddle. The good news is it can be a "one time" event. As a safety precaution we recommend you consult with a doctor if you feel pain or are concerned about issues that are outside the explanation here about saddle comfort. We recommend these tips to help make adjusting easier.
 - Wear padded cycling shorts
 - When you feel pain exit cycle and walk around for a few minutes before getting back on
 - Use padded saddle cover (we like the sheepskin type)
 - Try different saddles (we have adapter available for lowest possible costs) with free return shipping.

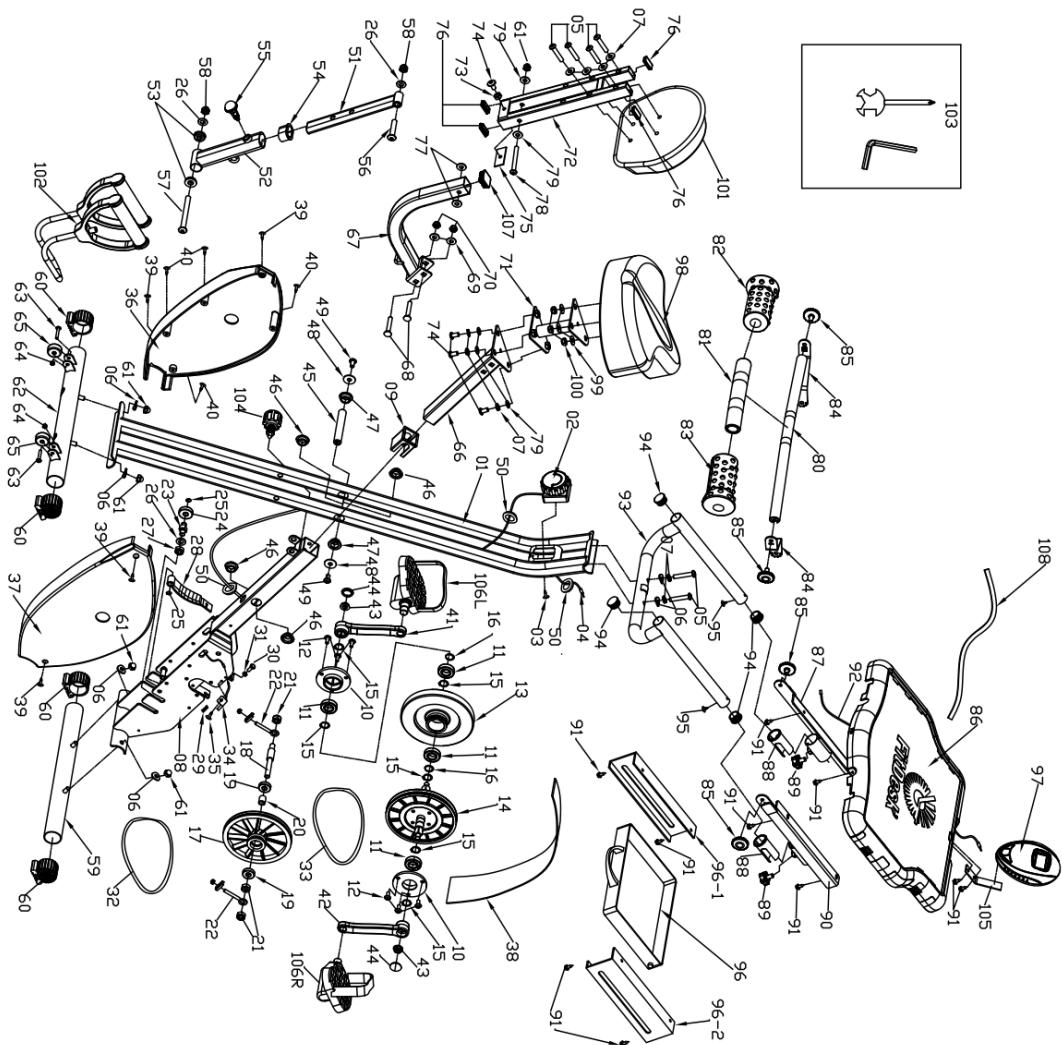


Parts and Maintenance Tips

TIP:

- Check Pedal tightness WHEN NEW THEN AFTER 30 miles. KEEP VERY TIGHT
- Tighten Crank Arms with 14mm socket after initial 100 miles use.
- Check Crank Arm and Pedal tightness every 300 miles
- Check Base Stabilizers for tightness every 300 miles
- FitDesk uses a low maintenance twin belt drive mechanism and rarely ever needs adjusting. However if belt slipping is noticed remove gearbox covers, loosen Idle wheel nuts (21) and tighten adjuster nuts (22) till slipping stops. Re-tighten and Re-assemble
- Check frame, seat mount, handlebar mounting areas for wear. Do not use if any sign of frame cracking. Contact us here at Revo Innovations LLC.

Com
plet
e
Ex
plo
de
d
Vi
ew
Pa
rts
Di
agr
am



Detailed Parts List

NO	DESCRIPTION	QTY.	NO	DESCRIPTION	QTY.	NO	DESCRIPTION	QTY.
1	Main Frame	1	38	Front Cover	1	75	EVA Foam Rubber Cushion 20x33x3t	1
2	Resistance Adjuster	1	39	Oval Head Cross Drill Tapping Screw ST4.2x19L	4	76	Rectangle Tube Plug	4
3	Oval head cross screws M5x20L	1	40	Oval Head Cross Self-tapping Screw φ3.5xST4.2x20L	4	77	Plastic Washer φ20xφ8.5x2t	2
4	Meter Wire L:1000	1	41	Left Crank 9/16" x127	1	78	Flat Head Socket Head Screw M8x75L	1
5	Oval Head Socket Head Screw M8x45L	6	42	Right Crank 9/16" x127	1	79	Flat Washer φ16xφ8.2x1.5t	5
6	Curved Washer φ8.2xφ20x1.6t	6	43	Flange Hexagonal Nut M10x1.25x7t	2	80	Armrest Arm	1
7	Spring Washer for M8	9	44	Crank End Plug M20	2	81	Foam Cover for Armrest Arm	1
8	Gearbox Plate	1	45	Axis of Support φ15.9x95	1	82	Left PU Roller	1
9	Inner Tube Gun Cover	1	46	Metal Collar φ28xφ22x10	4	83	Right PU Roller	1
10	Zinc Alloy Bearing Bracket	2	47	Plastic Collar φ28xφ22x10	2	84	Armrest Adjustment Plate	2
11	Bearing 6003ZZ	4	48	M8 Special Washer φ8.2xφ26x1.6t	2	85	Armrest Adjustment Knob M8	4
12	Oval Head Cross Screws M6x1.0x15L	6	49	Flat Head Socket Head Screw M8x15L	2	86	Desk	1
13	Flywheel	1	50	Rubber Meter Wire Plug 26x21x11.5	3	87	Left Desk Slider	1
14	Main Belt Wheel	1	51	Upper Support Bar	1	88	Cover for Slider	2
15	Axial Spring Ring φ17	4	52	Adjusting Support Bar	1	89	Adjusting Knob	2
16	Curve Type Washer φ17	2	53	Shaft Sleeve	2	90	Right Desk Slider	1
17	Idle Wheel φ15x20	1	54	Gum Cover for Support Bar	1	91	Flange Hexagon Cross Self-tapping Screw ST5.0x15L	10
18	Drive Shaft φ14x98	1	55	Frame Lock Pin M12x1.75xφ8	1	92	Meter Wire	1
19	Bearing	2	56	Oval Head Socket Head Screw M10x50L	1	93	Ushaper Handlebar	1
20	Drivepipe	1	57	Oval Head Socket Head Screw M10x100L	1	94	Round Tube Plug	4
21	Hex Nut M10x1.25	3	58	Hooded Nut Nickle-plated M10	2	95	Stop Pin	2
22	Pull Block Bolt M6x50L	2	59	Front Stabilizer	1	96	Drawer	1
23	Idler Axis	1	60	Stabilizer Cap	4	96-1	Drawer Rail left	1
24	Bearing 6200ZZ	1	61	Hooded Nut M8x1.25	5	96-2	Drawer Rail Right	1
25	Clicclip	2	62	Back Stabilizer	1	97	Meter	1
26	Flat Washer φ10.2xφ20x2t	3	63	Oval Head Cross Screw M6x45L	2	98	Saddle	1
27	Nylon Nut M10x1.25	1	64	Nylon Nut M6	2	99	Flat Washer φ20xφ8.2x1t	3
28	Magnet Plate	1	65	Universal Moving Wheel φ22xφ6.5x30L	2	100	Nylon Nut M8x1.25	3
29	Spring	1	66	Saddle Adjusted Tube	1	101	Seat Back	1
30	Hex Screw M6x15	1	67	Seat Back Bent Pipe	1	102	Resistance Bands	1
31	Hex Nut M6x1.0	1	68	Carriage Bolt M8x1.25x50L	2	103	Spanner & Hex Wrench	1
32	Belt 230J	1	69	Flat Washer φ20xφ8.2x1t	2	104	Plum flower Pull Pin M16	1
33	Belt 230J	1	70	Nylon Nut M6x1.25	2	105	Meter Holder	1
34	Meter Wire bottom part	1	71	Universal Saddle Extender	1	106	Paddle set right&left 9/16"	1
35	Oval Head Cross Screw M4x10	1	72	Bucking Tube	1	107	Square Tube Plug	1
36	Left Chain Cover	1	73	Hex Nut M8x1.25	1	108	Hold Down Straps 105cm	1
37	Right Chain Cover	1	74	Oval Head Socket Head Screw M8x15L	4			



Get to know your
New FitDesk 2.0

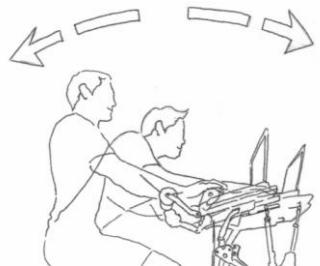
Precautions...Please read before assembly or operations

SEE OUR COMPLETE LINE
OF ACCESSORIES TO
CUSTOMIZE YOUR NEW
FITDESK AT
www.fitdesk.net

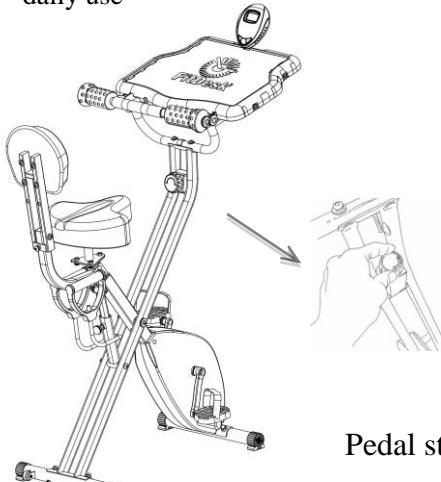
Seat Back for multi-position
use

Resistance Bands provides
convenient and effective
upper body exercise

Easy and safe folding frame
design



Sliding Desk for comfortable
daily use



Cycle computer
tracks Time, Speed,
Distance, Calories
and Total miles

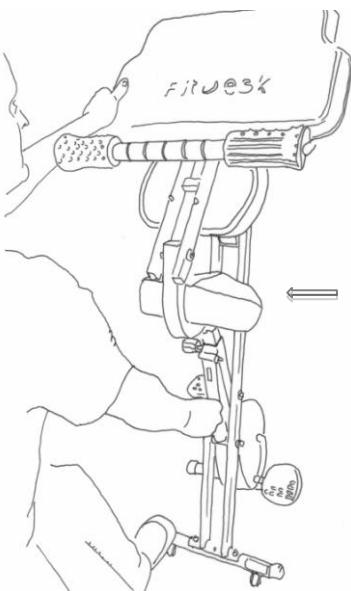
**PRESS MODE
BUTTON AT VERY
BOTTOM**

Under desk storage
drawer.

Resistance knob
adjusts pedal tension
with plenty of room
to grow into

Pedal straps keep feet in place

TIP: Make Pedals EXTRA Tight during Assembly



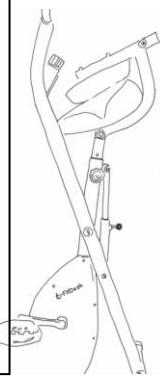
This model FitDesk uses a Quick release frame unlock design.

As a safety precaution please use the technique shown here to Open and Close

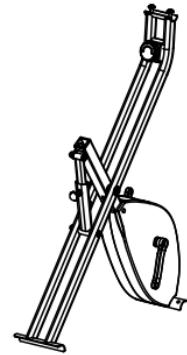
To Open: pull pin on frame support while placing foot on base. Then release

To Close:

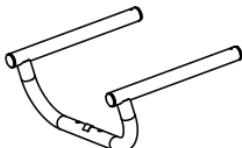
1. Remove any items on desk and in drawer.
2. Pull pin and close frame by lifting on bottom of saddle and desk. Frame is locked when PULL PIN clicks in.



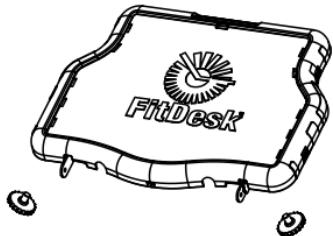
2.0 PARTS LIST



Main Frame



Handlebar



Main Desk



Massage Bar



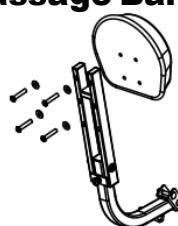
Rear Stabilizer



Front Stabilizer



Saddle Post



Saddle Back



Saddle



**Left and Right
Pedals**



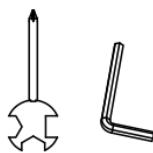
**Post
Adjuster**



**Saddle
Height
Extender**



**Performance
Meter**



**Assembly
Tools**



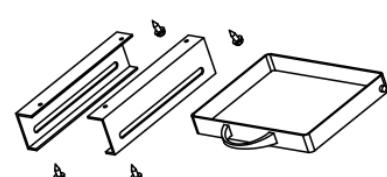
**Meter
Bracket**



**Hold Down
Strap**



**Adjustable
Resistance
Bands**



**Drawer
Rails
L & R**



Get Started Assembling
Your New Exercise Bike

MOUNTING HARDWARE IS LOCATED
ON PARTS THEY ARE TO BE INSTALLED
ON FOR EASY IDENTITY

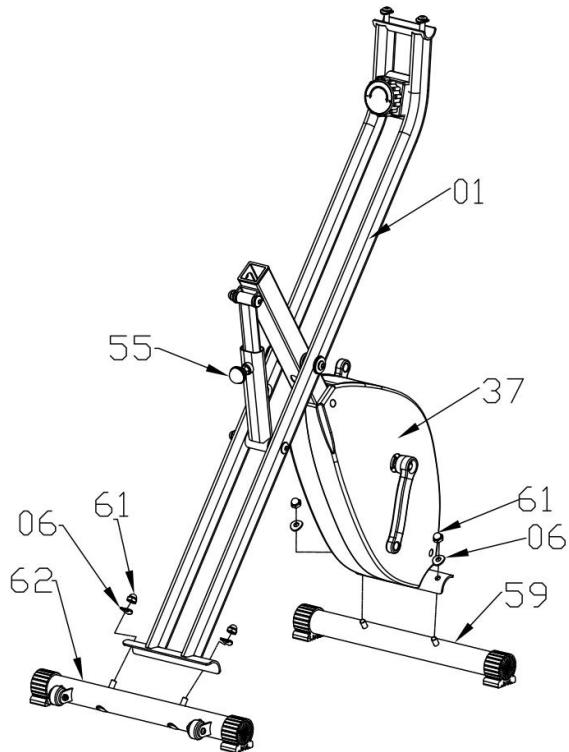
Assembly Instructions

Step #1 Install Stabilizers

Remove Main Frame (01) and all components and place on a clean durable surface. Note: most mounting hardware is pre-installed for easy matching during assembly. Tools are provided

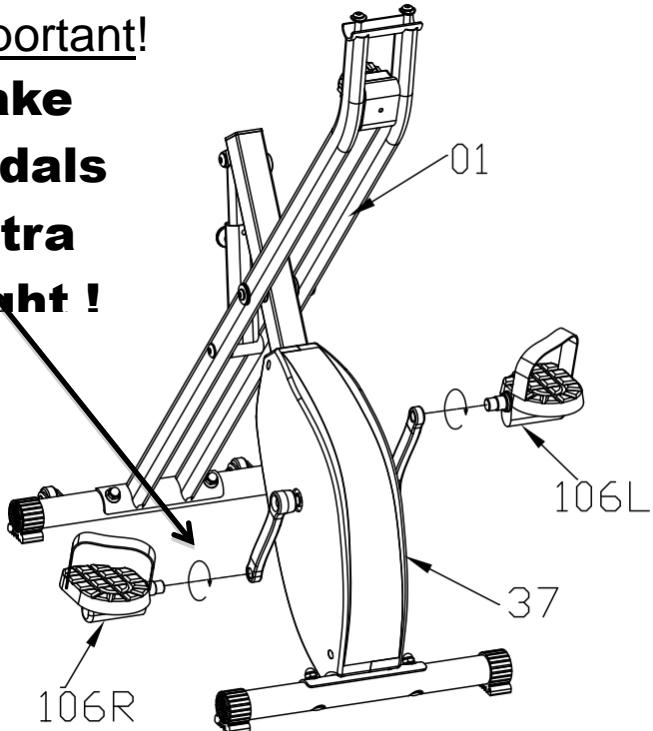
- Unlock Main Frame (01) to “Open” position by pulling Frame Lock Pin (55) while pushing lightly with foot on stabilizer, then release.
- Install front (59) and rear (62) stabilizers to Main Frame (01) with hex cap nuts (61) and curved washer (06), tighten securely. Rear Stabilizer has transport wheels.

STEP#1



STEP#2

Important!
Make
Pedals
Extra
Tight !



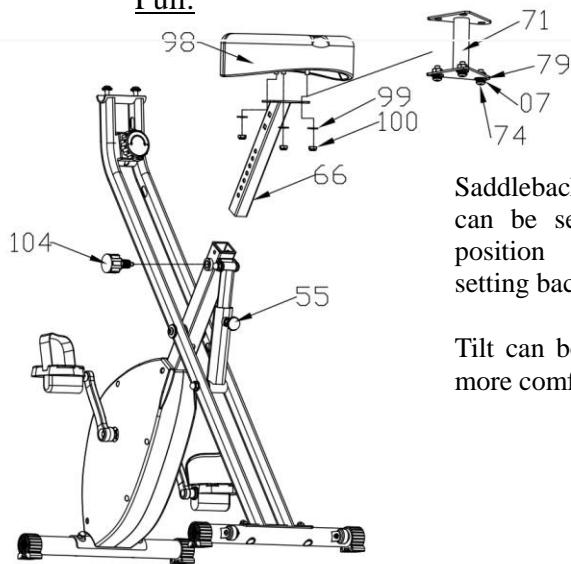
Note: Pedals must be made extra tight. USE 5/8" Wrench and tap with Hammer till EXTRA Tight.

Step #2 Install Pedals

- **Note: Left Pedal installs counter clockwise.** Install by rotating to LEFT. Use care that Pedal Shaft is Perpendicular to Crank Shaft. Use supplied wrench to tighten. Check pedals often for tightness when new.
- **Note:** Crank arms should be checked for tightness using 14mm socket after first couple hours of use.

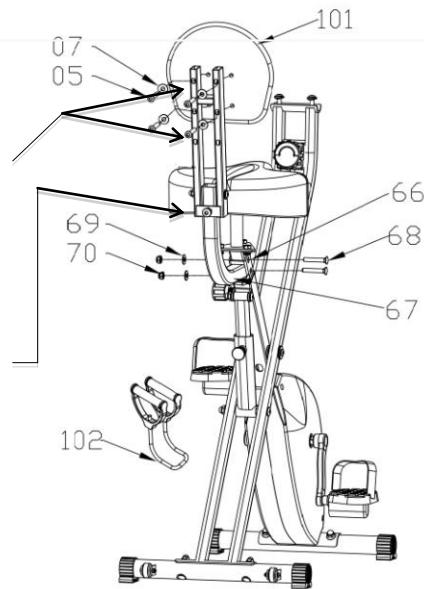
Step#3 Install Saddle Tube and Saddle

- Install Saddle Tube Adjuster Knob (104)
- Assemble Saddle (98) to Seat Tube (66) using Nut (100) and Washer (99)
- **Note:** FitDesk is supplied with optional saddle height extender (71) for increased leg extension if needed.
- Height is adjusted using Knob (104). You do not have to remove to adjust. Loosen and Pull.

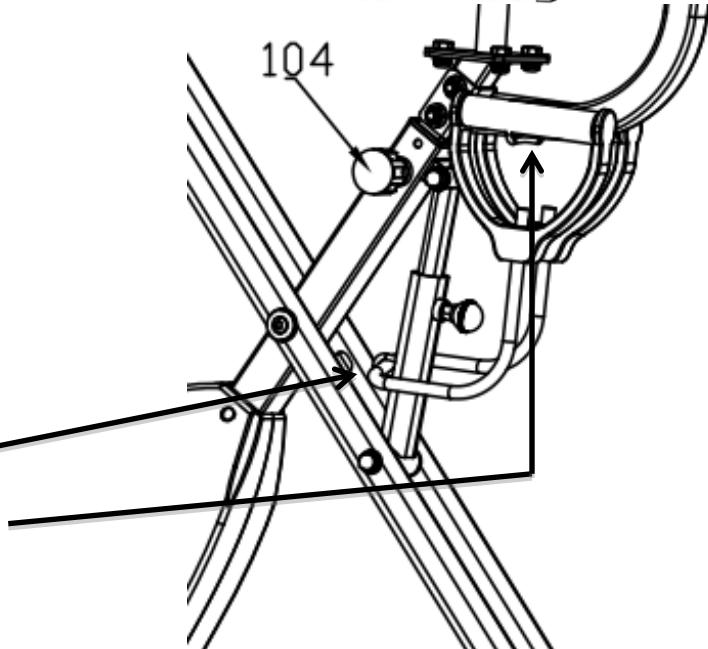


Saddleback Cushion (101) can be set in low or high position for comfort by setting back in proper holes.

Tilt can be adjusted here for more comfort.


STEP#4 Install Saddle Back and Resistance bands

- Mount Saddle Back Assembly (67) to Saddle Post (66) with Carriage Bolt (68), Nuts (70), Washers (69)
- Choose High or Low Position and Mount Saddle Back Cushion (101) to Saddle Back (67) using bolt (05) and washer (07).
- Pass Resistance Band (102) Handle through frame support opening, pull strap inside of Resistance Band Holder.
- Hang handles on hooks under saddle





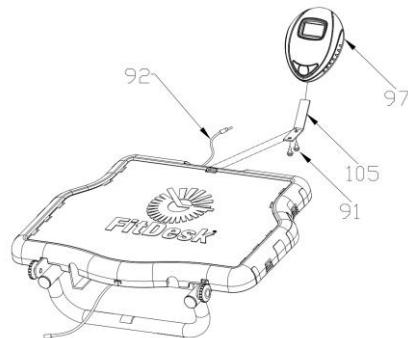
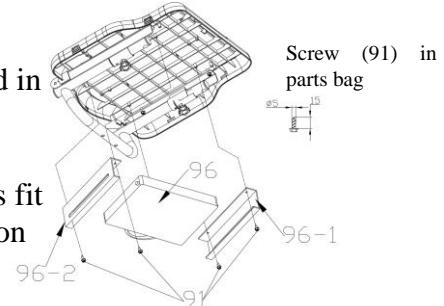
Assembly Instructions Continued

STEP#5 Assemble Drawer and Meter Holder to Bottom of Desk

- Place Desk on its top surface with rails facing you.
- Install Left Drawer Slider (96-1) using 2 screws (91) – located in separate plastic bag
- Install Drawer (96) with handle facing rider side
- Install Right Drawer Slider (96-2) so that pins in Drawer sides fit in slot in rail. Tighten all screws (91), Test for smooth operation

Install Meter holder and connect meter

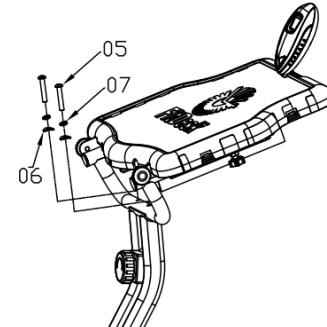
- Slide Meter Holder (105) through opening in top center
- Install and tighten 2 screws (91) through Meter Holder (105) and
- Back of Meter has a Slot to slide Meter (97) over. Plug Meter Wire (92) into Rear of Meter



STEP#6

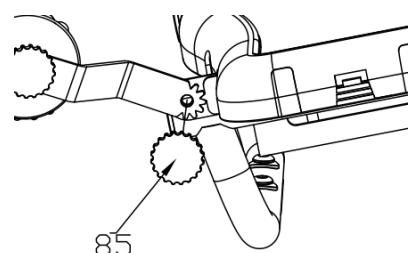
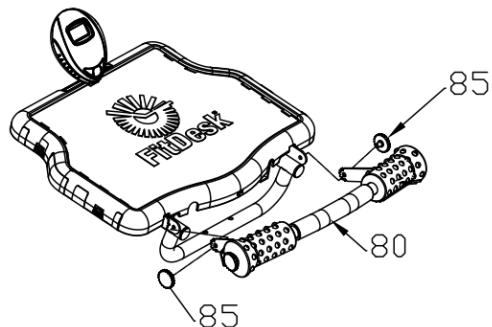
Install Desk Assembly to bike frame

- Locate and remove 2 handlebar mounting bolts (05) with washers (07,06) in bike main frame.
- Place Desk over frame and install the 2 bolts with washers in to threaded holes as shown to right.
- Tighten with 5mm hex wrench to a snug fit. Do NOT over tighte
- Connect Meter wire to wire from frame



STEP#7 Assemble Massage Bar Arm Rests

- Bolt Massage Bar (80) to Desk using Knob Bolts (85)
- Massage Bar (80) can be set in 3 positions above Horizontal. Choose a desired height. Align each Support Arm in same position on each side. Tighten Knob Bolt (85)



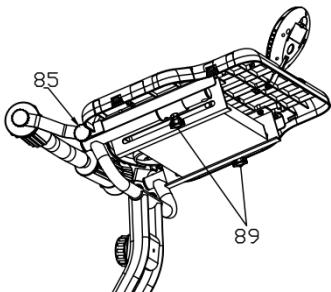
3 position armrest height adjustment



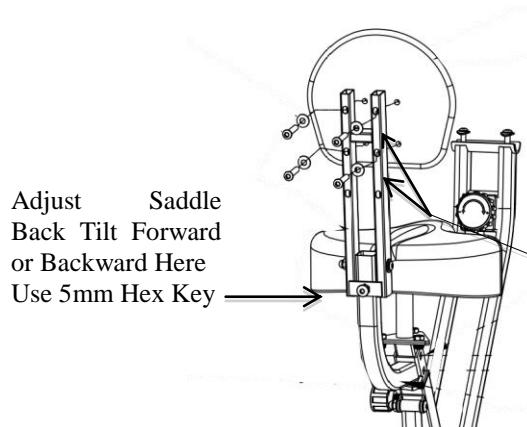
Assembly Instructions Continued

STEP#8 Adjust for comfort

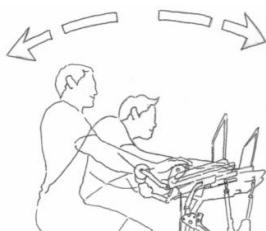
- Massage Bar has 3 positions for supporting arms while in use. Remove knob (85) and lift or lower to best position. Re-install and Tighten Knob
- Desk and ride position can be adjusted by loosening Knobs (89) located on underside of Desk. Slide to comfortable position and Tighten Knobs.
- Saddle Height can be adjusted for comfortable use while pedaling. Loosen Knob (104), Pull to release pin, adjust to height, release and tighten Knob.



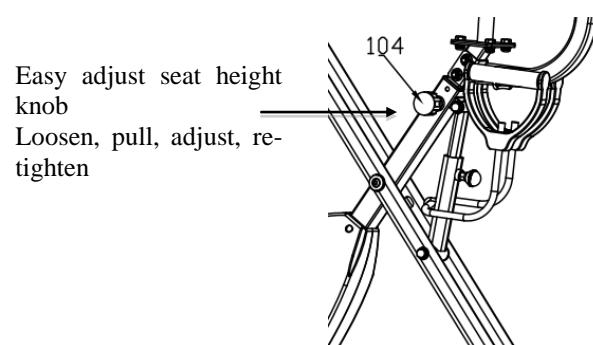
Loosen knobs (89) to slide desk.
Raise or Lower Massage Bar with
Knob (85)



Saddle Back can be set lower or high by choosing mounting hole.

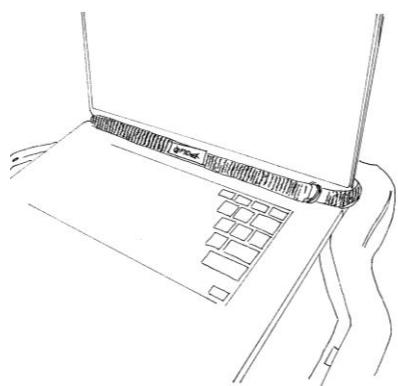
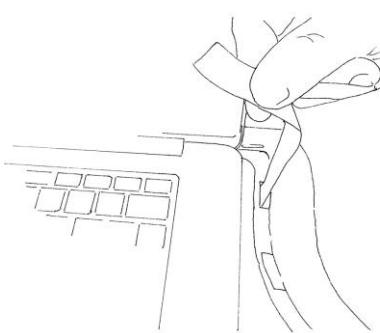
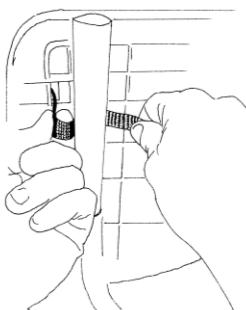


Use upright or semi-recumbent



Hold Down Strap

Thread Hold Down Strap Through Openings in Desk and around device. Wrap Thru "D" rings and pull tight

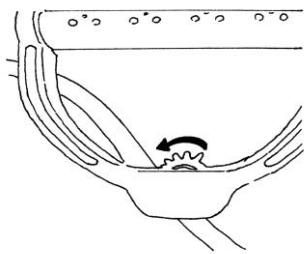




Resistance Band Use Instructions

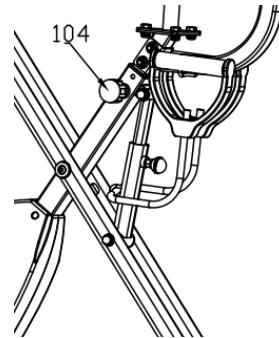
Resistance Bands

Your FitDesk is supplied with a Premium Adjustable Length Resistance Band. Having this proven fitness staple near you throughout the day is a great option for more exercise. Here we want you to take a look at ways you can use your FitDesk Resistance Bands and also show you how to maintain them for maximum safety.



To Adjust Length:

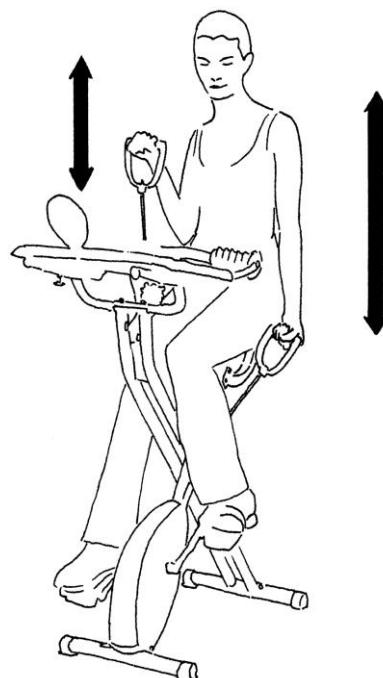
Pull Band Out of Handle to Shorten Length.
Rotate Locking Cam In as you Pull Handle to Lock Band



Handle rest on Hanger Under Saddle

How to use the FitDesk Resistance Bands:

- Stop pedaling
- Reach under saddle and grab hold of both handles.
- Raise 1 arm at a time while holding the other arm in position.
- Repeat the other side.



Never stretch the tube more than 2 times its length. Always inspect the tube, handle and locking device before use. Look for cracks, cuts, wear marks. Handles must be checked they are free of cracks and all components are secure. Use caution to assure the tube is passing only through "Loop" in frame support tube. Do not use bands in a "sawing" motion through frame loop. Take care of bands to assure they are safe before each use. Contact us for replacements. Use caution when reaching under saddle to mount handles on hanger. Stop pedaling, drop handles on floor and dismount and put handles on. Do not pedal bike and do arm exercises at the same time. Use caution not to get the resistance bands caught in the pedal arms. Fitness training can result in serious injury or death if not done safely and properly. Risk can be reduced if take common safety measures to avoid injuring your self or others. Over stretching the bands can cause damage to band which may result in the band breaking unexpectedly. These bands are for light use.



Warning



Meter Instructions

Performance Monitor Operation Manual and Troubleshooting

Specifications:

Speed = Miles per hour

Distance = Mi

Calories = Kcal

Odometer = Mi

Button Functions:

Mode: (Select/Reset) Press BELOW THE PRINTING “MODE”

Clear (Reset)

Set: Toggles data

IMPORTANT! MODE BUTTON WORKS BEST WHEN PRESSED AT VERY BOTTOM.



OPERATION PROCEDURES:

PRESS HERE

1. AUTO ON/OFF

◆ The system turns on when any key is pressed or when it senses input from the speed sensor.

◆ **The system turns off and RESETS automatically when there is no signal input for approximately 4 minutes.**

2. RESET

The unit can be reset by pressing the RESET key for 3 seconds.

3. MODE

To choose a function, press the MODE key when the pointer is on the function you want. It will begin blinking. **Press MODE key in lower area of button.**

FUNCTIONS:

1. TIME: Press the MODE key until the pointer is on TIME. The time of the workout will be displayed.

2. SPEED: Press the MODE key until the pointer advances to SPEED. The current speed will be shown.

3. DISTANCE: Press the MODE key until the pointer advances to DISTANCE. The distance of each workout will be displayed.

4. CALORIE: Press the MODE key until the pointer advances to CALORIE. The calories burned will be displayed.

5. ODOMETER Press the MODE key until the pointer advances to ODOMETER. The total accumulated distance will be displayed.

SCAN: Automatically display changes every 4 seconds.

Trouble Shooting

BATTERY: If there are problems with the display try reinstalling the battery.

Connection: If no reading when pedaling disconnect, clean and reconnect link.



FitDesk™

Where Health and Productivity Converge

Now you can turn your computer time in to the healthiest part of your day. See our complete line of products designed to merge your productive time with your health goals.

See our latest products and accessories at
Our website:
www.fitdesk.net

Or Friend us on Facebook for latest discounts and news
www.facebook.com/fitdesk

Tell others how we are doing we will be sure to thank you and maybe more...
Please write a review at your favorite shopping site

Email: customerservice@fitdesk.net